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Some brave Winnipeggers have chosen a different way to warm up — like riding a bike on Portage Avenue to work. CLARA BUELOW/METRO

Winnipeg catches cold

Bundle up. Frigid temperatures drive kids indoors as many cars drive nowhere without a boost

After a long fall and a mostly mild November, December has vengefully arrived with a cold snap that is making it hard for 'Peggers — and their cars — to get started.

"People are calling with battery problems, especially because we've had -20 C to -30 C temperatures for three days in a row," said Liz Peters, CAA Manitoba spokesperson. "Those boosts aren't just a simple show up, give them a boost and take off — they're taking a little longer."

CAA typically responds to more than 200 calls at a time when the temperature drops below -20 C. Peters said every

piece of equipment they have is on the road, including 30 tow trucks.

The cold weather is also keeping kids inside at different daycares and drop-in centres across the city. At the Carter Early Learning Centre, the youngsters are happy to be indoors because they know how cold it is, said Director Marlene Epp.

"We are staying inside and doing activities like making stockings and Christmas trees," said Epp.

The Wolseley Family Place Welcome Centre is also doing holiday-themed crafts to keep kids and their parents inside and out of the cold.

"The little babies have such a hard time," said director Noelle Campbell. "There are lots of tears when they have to leave, they don't want to get into their big snowsuits."

Despite indoor activities and car problems, flights at

Those without shelter

Agape Table put out a call for warm winter clothing this past weekend to help clients, and homeless shelters are always looking for warm winter wear, especially in L and XL sizes, as well as mitts, hats, scarves, boots and warm socks.

the Winnipeg James Armstrong Richardson International Airport are still running on time — even with the cold.

"Snow and blowing snow have more of an effect, because that's when visibility becomes an issue," said Breanne Talbot, spokesperson for the Winnipeg Airports Authority. "Just cold weather doesn't generally have as big of an impact."

CLARA BUELOW & ZACH PETERS/METRO

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Winnipeg bus constables need strong bylaws: Union leaders

'Cautious' proposal.
City's 2014 budget includes funding to increase security on public transit



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

What powers new constables will have when they patrol Winnipeg Transit buses is the big question on the minds of drivers, two union leaders said on Monday.

The city's preliminary 2014 budget includes funding for six full-time equivalent foot patrol officers to increase security on buses for drivers and passengers starting July 1, 2014.

Dave Sauer, president of the Winnipeg Labour Council, told members of the infrastructure renewal and public works committee that since the bylaws for

Special training

A big hurdle towards making sure constables on buses have real powers may come from the city's police force. The bus constables would have powers that police officers do right now without necessarily going through the same training.

these officers have "not yet been written, we're cautious in moving forward with this proposal."

"We believe the six FTEs should be granted the powers necessary to detain suspects," said Sauer.

"There's also the concern that should the bylaw provisions be unclear, the six new positions would simply be used for management purposes."

Jim Girden, president of Local 1505 of the Amalgamated Transit Union, said in the last couple of weeks, five more drivers have been



Jim Girden of the Amalgamated Transit Union said he's heard of five more assaults on bus operators in the past two weeks. BERNICE PONTANILLA/METRO

assaulted.

"(That's) not acceptable to us, being spat on and called names," said Girden,

adding that up until October of this year, there have been 36 cases of assaults.

Coun. Brian Mayes, who

lobbied hard for the added security, said he hopes the bylaw changes will happen "early in the new year."

Students may get U-passes by 2015



Rorie McLeod Arnould
METRO

University students may see a transit U-pass by 2015.

The infrastructure renewal and public works committee held a special meeting on the preliminary 2014 budget Monday, during which several students and councillors spoke in favour of the U-pass program.

Both student associations at the universities of Winnipeg and Manitoba held votes where a majority approved paying a

maximum of \$200 and \$180, respectively, for the September-to-April pass as part of their university fees.

These supporters had been hoping the program would start in September of 2014, however, that date has been pushed back to January of 2015.

Rorie McLeod Arnould, vice-president of the University of Winnipeg Students' Association, said the U-pass would be

an investment for the future, so waiting a few extra months isn't a huge concern.

"If we can get this done at the proposed term in January, then that would make me very happy."

The students still face an uphill battle, since both Dave Wardrop, director of Winnipeg Transit, and Coun. Russ Wyatt, who chairs the finance committee and attended Monday's

meeting, said a proposed semester pass is the better option.

This semester pass, which will likely be over \$200, would come into effect when the transit system moves to the smart-card model.

Wyatt said as a municipal government, the city is not prepared to subsidize post-secondary education and "that's what this would be."

BERNICE PONTANILLA/METRO

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Winnipeg police spokesperson Const. Jason Michalyshen speaks to media after police seized a variety of drugs and weapons during raids in the North End over the weekend. CLARA BUELOW/FOR METRO

Police raid finds cache of drugs and weapons

Arrests. Four people face charges and a fifth male suspect is still wanted by police

 SHANE GIBSON
shane.gibson@metronews.ca

An arsenal of weapons and nearly \$100,000 worth of drugs are off the streets after police raided two homes in the Talbot-Grey neighbourhood over the weekend.

Police executed warrants at two homes in the 500 block

of Chalmers Avenue Saturday after a joint investigation with Manitoba Justice led to a traffic stop at Thames Avenue and Watt Street earlier in the day.

A 39-year-old man, a 30-year-old woman, and a 15-year-old boy were arrested during the traffic stop and the subsequent raids netted police 12 ounces (340 grams) of methamphetamine, 2.5 pounds (1.1 kilogram) of pot, two sawed-off rifles, two assault rifles, a shotgun, a hunting rifle, several hundred rounds of ammunition, and a variety of prohibited weapons including brass knuckles, throwing knives and an eight ball in a

sock.

Police spokesperson Const. Jason Michalyshen said officers often find weapons on drug raids.

"The business that they're in, quite simply is dangerous," he said. "That's why it is so important that we identify these individuals ... get into the residences, and seize items like this."

A 21-year old woman found in one of the raided homes and the three arrested during the traffic stop are all facing numerous drug and weapon related charges. A fifth male suspect is wanted by police and the investigation is continuing.

Neil Young to play for group fighting oilsands

Music legend Neil Young is playing four concerts in his native Canada to benefit a northern Alberta aboriginal band fighting oilsands development in its territory.

Canadian jazz singer and pianist Diana Krall is to appear as a special guest.

Tickets for the January shows scheduled for Toronto, Winnipeg, Regina and Calgary go on sale Tuesday. Young plays Winnipeg Jan. 16.

"The theme of the concerts is honour the treaties," said Athabasca Chipewyan First Nation spokeswoman Eriel Deranger. "All the ticket sales, all the proceeds from the concerts, not a single cent goes to anyone other than (the First Nation)."

Young made his opinion of oilsands development clear when he visited the band and the region last fall. He compared the sight of massive open-pit mines to Hiroshima after the nuclear bomb blast.

Young is one of a number of global entertainment celebrities who have visited the oilsands. All have offered to help local aborigines in



Neil Young will play at the Centennial Concert Hall on Jan. 16.
THE CANADIAN PRESS

their protest over what they say is exploding development occurring on their traditional lands without adequate consultation.

Young's gesture is by far the largest, said Deranger.

THE CANADIAN PRESS

Legal battle

The Athabasca Chipewyan band is gearing up for a major legal fight against the latest oilsands development to be approved.

- The federal government announced Friday Shell

Canada's Jackpine mine expansion could go ahead.

- The review panel that looked at the project concluded it would create irreversible environmental damage.

Goo Goo Dolls, R5 coming to Winnipeg

Winnipeg is getting a little bit of the old and a little bit of the new in 2014.

Live Nation announced the Goo Goo Dolls at the Pantages Playhouse Theatre for Wednesday, Feb. 26, and R5 at the Burton Cummings Theatre on Saturday, April 12.

The Goo Goo Dolls have been around for 20 years and their discography includes nine albums. They're in town to promote their latest album, Magnetic. Tickets go on sale at Ticketmaster on Dec. 13 at 10 a.m. and range in price from \$39 - \$65.

Up and coming musical group R5 will be more familiar to the tween and teen set, thanks to its teen heartthrob front man, Ross Lynch. Tickets for R5 also go on sale at Ticketmaster on Dec. 13 at 10 a.m. Tickets for R5 range in price from \$29.50 to \$49.50. METRO

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Transit Tuesday



Weekly Transit News Update

THE SANTA BUS IS ON THE ROAD

Winnipeg Transit's Santa Bus is on the road collecting cash donations for the Christmas Cheer Board. The Santa Bus features larger than life images of the jolly old man along with all his happy reindeer on the exterior of bus #829.

"Last year the Santa Bus collected \$13,000 for the Christmas Cheer Board and we're ho-ho-hoping to collect even more this year," said Mr. Claus. "And remember – no bills or pennies please!"

This week the Santa Bus will be operating on route 16. All cash fares and any extra donations collected on the Santa Bus go directly to the Christmas Cheer Board.

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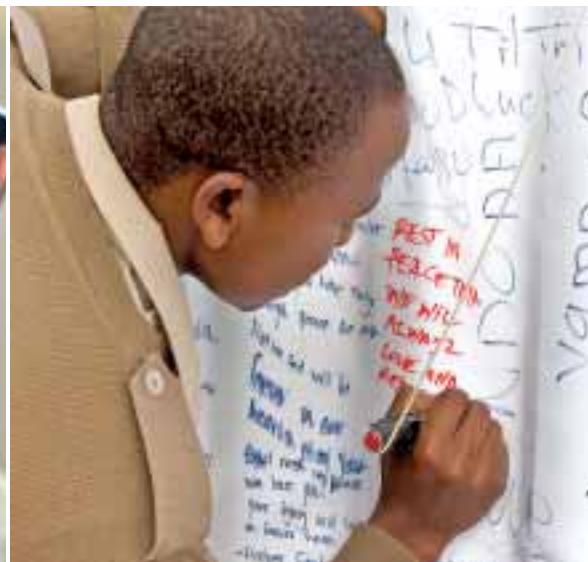
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From left: Mac Arthur Mti wears badges for sale with the image of late president Nelson Mandela in Johannesburg, South Africa, on Monday; Soldier Lunga Mbatha writes a message for Mandela reading "Rest in peace Tata (father) we will always love and remember you." MUHAMMED MUHEISEN/THE ASSOCIATED PRESS



South Africa set for Mandela memorial

In mourning. World leaders to eulogize anti-apartheid icon

South Africa prepared Monday for a massive memorial in a soccer stadium honouring Nelson Mandela, where an eclectic mix of world leaders will eulogize the anti-apartheid icon before a crowd of nearly 100,000 mourners.

As a prelude to the stadium event, United Nations Secretary General Ban Ki-moon and retired Archbishop Desmond

Tutu spoke at an event at the Nelson Mandela Centre of Memory Monday night.

"What a fantastic gift God gave to us in this Mandela, who quickly became an icon, a global icon of forgiveness, of generosity of spirit," Tutu said.

At the Soweto stadium where Mandela made his last public appearance at the 2010 World Cup, workers busily constructed a stage protected by bulletproof glass for Tuesday's memorial.

Nearly 100 heads of state are expected at the 95,000-capacity FNB Stadium, where some mourners are already

camped out to be the first ones inside.

A program released by the South African government showed U.S. President Barack Obama would speak, as would Ban and Chinese Vice-President Li Yuanchao. South African President Jacob Zuma will give the keynote address.

Mandela died Thursday at age 95. After the stadium memorial on Tuesday, Mandela's body will lie in state at the Union Buildings, the seat of government in South Africa's capital, Pretoria, from Wednesday to Friday.

THE ASSOCIATED PRESS

Security still a concern

Police promised "thousands" of officers would secure the stadium, though security appeared lax Monday.

- Lt. Gen. Solomon Makgale, a spokesman for the South African Police Service, said a joint taskforce of police, diplomats and intelligence service personnel have been making plans and talking to the foreign delegations who plan to attend the ceremony.

Workers rush to prepare for memorial

Clouds hung over Johannesburg as a Canadian delegation arrived Monday to be part of the massive outpouring of grief and celebration following the death of Nelson Mandela.

Prime Minister Stephen Harper smiled and waved to a small gathering of South African and Canadian diplomatic officials as he stepped out of his plane onto a tarmac at Air Force Base Waterkloof, north of the city itself.

As the Canadian delegation

made their way into the city, crews were still constructing the stage that will form the centre of what is expected to be a huge memorial for Mandela on Tuesday.

The Canadians flew for 18 hours to witness a country both suffering the pain of losing a world-renowned leader and swelling with the pride of having had him as president.

Harper will be joined at the memorial by former prime ministers Brian Mulroney, Jean Chrétien, Joe Clark and Kim Campbell.

"He had a wonderful sense of humour and the most magnificent smile," Mulroney said as he recalled many private meetings with Mandela.



Canadian Prime Minister Stephen Harper speaks with former prime ministers Brian Mulroney, left, Kim Campbell and Jean Chrétien on a government plane travelling to South Africa on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

In the 1980s, Mulroney made Canada a key player in the struggle against the apartheid regime that had imprisoned Mandela for 27 years. Chrétien followed up

years later when his Liberal government made Mandela an honorary Canadian citizen, a symbol of Canada's respect for the man that still holds today.

THE CANADIAN PRESS

Violence ongoing in Central African Republic

Sectarian conflict.

400 died last week in two days of fighting between Christians and Muslims

Dozens of young men stood waiting for storm clouds to pass in Central African Republic's capital. They spotted a man in a flowing white robe traditionally worn by Muslims, hand-in-hand with his adolescent son.

Hungry for revenge, the crowd descended upon the pair. The man's terrified son broke away and fled on foot, abandoning his father as the knife-wielding mob clutched the middle-aged man.

Muslim rebels known as Seleka overthrew the government of this majority Christian nation nine months ago, sparking mounting sectarian violence that prompted former colonizer France last

Quoted

"After the French leave, things will explode."

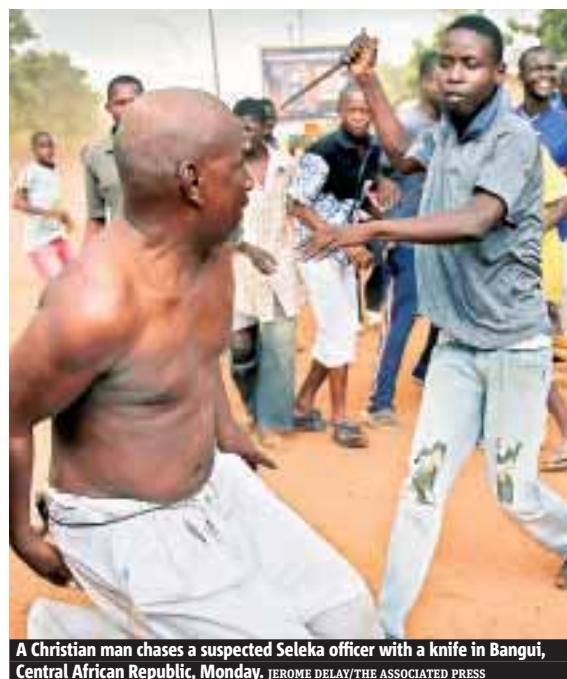
Abdel Wahid, Central African Republic resident and Muslim

week to deploy troops to Bangui in an effort to stop the bloodshed.

In a city where more than 400 people died last week in two days of tit-for-tat violence between Christians and Muslims, it was clear Monday there is still enough pent-up rage left that a crowd will try to kill a man on sight.

In this case, French forces intervened just in time, firing into the air as a warning. Other Muslims were not as fortunate. In the Benzvi neighbourhood, a mob descended upon two ex-Seleka leaders leaving their home Monday afternoon.

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A Christian man chases a suspected Seleka officer with a knife in Bangui, Central African Republic, Monday. JEROME DELAY/THE ASSOCIATED PRESS

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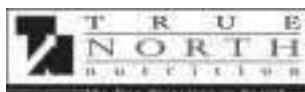
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Thai prime minister calls for early elections

Desperate to defuse Thailand's deepening political crisis, Prime Minister Yingluck Shinawatra dissolved Parliament's lower house on Monday and called early elections. But protesters seeking to topple her vowed to carry on their fight, saying they cannot win the polls because of corruption.

A decree from King Bhumibol Adulyadej scheduled the elections on Feb. 2 and named Yingluck as interim prime minister until then. The protesters demanded that she resign as

caretaker and rejected the election date, putting the strongly royalist movement at odds with the royal decree.

Protest leader Suthep Thaugsuban spoke to more than 150,000 followers at a stage outside Yingluck's offices, challenging authorities to "Come get me!" He claimed that his movement was assuming some functions of government, citing a clause in the constitution stating that "the highest power is the sovereign power of the people."

THE ASSOCIATED PRESS

Modern-day slavery

New RCMP unit to fight human trafficking

The federal public safety minister has announced the creation of an RCMP unit that will work closely with law-enforcement partners in Quebec to fight human trafficking in Canada and abroad.

THE CANADIAN PRESS

Czech Republic

Young Roma singers attacked

The head of a Roma youth singing group says her students were attacked in an eastern Czech town.

Ida Kelarova, a well-known musician, says 19 singers from the Chavorence group were attacked by about a dozen men Friday evening in Hodonin.

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MP files complaint against senator's 'misogynistic attack'

A New Democrat MP has formally lodged a complaint against a Conservative senator for what she describes as a condescending, "misogynistic," personal attack against her.

Charmaine Borg has asked the Speaker of the House of Commons to rule that her ability to do her job as an MP was impeded by a letter sent to her last week from Sen. Jean-Guy Dagenais.

In the letter, which was copied to all MPs, senators and their staff, Dagenais characterized Borg as a whiny, ignorant, useless Quebec MP who was elected by fluke and stands little chance of being re-elected.

Dagenais' letter was sent in response to a flyer Borg sent out in her riding advocating the NDP's long-held belief that the Senate should be abolished.

Borg says she was particularly insulted by Dagenais' suggestion that she should get some books from the parliamentary library to inform herself about the Senate before criticizing the institution.



NDP MP Charmaine Borg
SEAN KILPATRICK/THE CANADIAN PRESS

Borg, who is 23 years old, says that's the kind of "old-

school mentality" that discourages young women from entering politics.

"The overall tone of this letter suggests that I am simply a little girl who does not take her work seriously," Borg told the Commons on Monday.

Outside the chamber, Borg called the tone "very misogynistic," and added: "I think if I was an old white man, he wouldn't have attacked me."

The Speaker did not rule immediately on Borg's question of privilege.

In an interview last week, Dagenais said his letter is part of a campaign by some Conservative senators, including Senate Speaker Noel Kinsella, to defend themselves and their institution after taking a year-long drubbing over the Senate expenses scandal.

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Ukrainian chairman of the opposition party Udar, Vitali Klitschko, walks through police in riot gear, as he tries to stop possible clashes between police and pro-European Union activists in Kyiv, Ukraine, on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Police move in on Kyiv protests

Tensions mounting.
Opposition says its offices were raided; police deployed near protesters

Heavily armed riot troops broke into the offices of a top Ukrainian opposition party office in Kyiv and seized its servers Monday, the party said, as anti-government protests crippled the capital for yet another day.

Elsewhere police dismantled or blocked off several small protest tent camps near key national government buildings in the city.

G20 protests

Cop gets 45 days for assaulting protester

A Toronto police officer convicted of assaulting a protester during the G20 summit was sentenced Monday to 45 days in jail.

Const. Babak Andalib-Goortani was convicted in September of assault with a weapon for using excessive force during the arrest of protester Adam Nobody on June 26, 2010, on the lawn of the Ontario legislature.

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Tensions also rose as a double cordon of helmeted, shield-holding police deployed in the street near Kyiv's city administration building, which demonstrators had occupied and turned into a makeshift command post and dormitory.

The moves came a day after hundreds of thousands of demonstrators crammed into Kyiv, the biggest in three weeks of protests that started when Ukraine's president backed away from signing a long-awaited pact to deepen ties with the European Union.

Protesters are angered not only by the thwarting of their desire to become closer to the West and spin out of Russia's orbit, but by police violence

against the demonstrators. Club-swinging police have twice broken up protest rallies.

Ostap Semerak, a member of the Fatherland Party, said that troops broke into the party's offices on Monday evening, some climbing in through its windows.

"They are storming us. The images are insane," he said by telephone.

The troops left after confiscating some computer equipment, he said.

Party member Marina Sorko also said the troops surrounded and blockaded several opposition-minded Ukrainian media outlets, making their and other media websites inaccessible. THE ASSOCIATED PRESS

Border battle. Canada submits North Pole claim

Canada says it will try to extend its territorial claims in the Arctic to include the North Pole, although it hasn't yet fully mapped the area, doesn't have the scientific evidence to back the claim and faces major diplomatic hurdles.

A formal scientific submission was made to the United Nations Commission on the Limits of the Continental Shelf last week covering 1.2 million square kilometres of territorial claims in the Atlantic, but the government says

the material submitted for the Arctic Ocean is only preliminary.

Despite saying two years ago that data collection was complete, the federal government plans to send its scientists back into the field for more work mapping the Lomonosov Ridge, a giant undersea mountain range, which Ottawa says could secure the North Pole for Canada.

Arctic experts say that other countries can also argue that the range extends from their shores. THE CANADIAN PRESS

Mayor behaving badly. San Diego's Filner gets home confinement

Bob Filner was sentenced Monday to three months of home confinement and three years of probation for harassing women while he was mayor of San Diego, completing the fall of the former 10-term congressman who barely a year ago achieved his long dream of being elected leader of America's eighth-largest city.

Filner, 71, who resigned amid widespread allegations of sexual harassment, pleaded guilty in October to one felony and two misdemeanours for placing a woman in a headlock at a fundraiser on March 6, kissing another woman on the lips without permission at a Meet the Mayor event on April 6 and grabbing another woman's buttocks at a May 25 rally to clean up Fiesta Island in Mission Bay. None of the victims have been identified.

The charges do not involve Filner's former communications director, Irene McCormack Jackson, who expedited

The black list

Nearly 20 women have publicly identified themselves as targets of Filner's unwanted advances, including kissing, groping and requests for dates.

- His accusers include a retired navy rear admiral, a San Diego State University dean and a great-grandmother who volunteers answering senior citizens' questions at city hall.

the mayor's downfall by becoming the first to go public with sexual harassment allegations in July. She has filed a lawsuit against Filner and the city, claiming her boss asked her to work without panties, demanded kisses, told her he wanted to see her naked and dragged her in a headlock while whispering in her ear.

THE ASSOCIATED PRESS



5 killed as train hits fuel truck in Jakarta

Rescuers search for victims in the wreckage of a commuter train that derailed after it collided with a tanker truck hauling gasoline in Indonesia's capital Monday, killing five people and sending a fireball of orange flames and black smoke shooting skyward. The accident in southern Jakarta killed the train engineer, his assistant, a technician and two female passengers. The truck driver and his assistant were among nearly 100 people injured. The fuel tanker truck was stopped on the rail tracks at a crossing and unable to move forward because of backed-up traffic on the road. TATAN SYUFLANA/THE ASSOCIATED PRESS

Houston airport

Sleeping passenger wakes up to dark and empty plane

As the captain of an oil platform supply boat in the Gulf of Mexico, Tom Wagner is no stranger to bumps and other movement while he sleeps. So when he nodded off on a flight from Louisiana to Houston, it was no surprise that the landing bounce didn't wake him.

He awoke to a traveller's nightmare — a dark and locked plane parked at Houston's Bush Intercontinental Airport.

Wagner, 51, said he didn't panic. He picked up his cellphone and called his girlfriend.

She called United Airlines in Lafayette, where Wagner had boarded the United Express flight on Friday, and was told there was "no way" he was stuck on that plane.

However, a couple of maintenance workers coincidentally opened the door and found Wagner.

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Spy agencies kept eye on gamers: NSA leaks

Reports. Documents leaked by Edward Snowden reveal U.S., U.K. monitored online games

American and British intelligence operations have been spying on gamers across the world, media outlets reported, saying that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

Stories carried Monday by The New York Times, the Guardian, and ProPublica said U.S. and U.K. spies have spent years trawling online games for terrorists or informants. The stories, based on documents leaked by former National Security Agency contractor Edward



Gamers play a game on the Xbox One console during the Electronics Expo 2013 in June in Los Angeles. New reports reveal American and British intelligence operations were spying on gamers. KEVORK DJANSEZIAN/GETTY IMAGES

Snowden, offer an unusual take on America's world-spanning surveillance campaign, suggesting that even the fantasy worlds popular with children, teens, and escapists of all ages aren't beyond the attention of the NSA and its British counterpart, GCHQ.

Spy agencies have long

worried that such games serve as a good cover for terrorists or other evildoers who could use in-game messaging systems to swap info. In one of the documents cited, the NSA warned the games could give intelligence targets a place to "hide in plain sight."

THE ASSOCIATED PRESS

Open letter to Obama

Major tech companies, stung by revelations that the U.S. government collects people's personal data on their networks, issued an open letter to President Barack Obama.

- As part of a global campaign to reform data collection, Google, Facebook, Apple and others said concerns over national security should be weighed against individual rights.

- "The balance in many countries has tipped too far in favour of the state and away from the rights of the individual — rights that are enshrined in our Constitution," the letter said. "This undermines the freedoms we all cherish. It's time for a change."

THE ASSOCIATED PRESS

Hockey beats Crackgate

Leafs bodycheck Rob Ford off top of Facebook list

Toronto Mayor Rob Ford made headlines across the country and around the world but his alleged antics

didn't top Facebook Canada's list of the year's buzziest topics.

The Toronto Maple Leafs generated the most chatter, followed by the Harlem Shake dance craze, Miley Cyrus's infamous twerk, and the Boston Marathon bombing. Ford followed in fifth place. THE CANADIAN PRESS

2008 VP hopeful

You betcha, Palin's trying to stay in the limelight

The Sportsman Channel said Monday it has hired Sarah Palin to be host of a weekly outdoors-oriented

program that will celebrate the "red, wild and blue" lifestyle.

The program, Amazing America, will debut next April. The Sportsman Channel is in some 32 million homes, less than one-third of U.S. households with TV.

THE ASSOCIATED PRESS

Selfie simulacrum. British art student creates scanned 3D self

Whether in a revolution, crime scene or dinner party, the selfie — Oxford Dictionary's word of the year — is an essential souvenir. British art student Lorna Barnshaw has taken the craze a step further with her 'Replicants' project, capturing herself with the most advanced scanners and 3D printing herself in full size.



LORNA BARNSHAW

ogy.

What does this say about human immersion in technology?

It's very strong and you can see that already with printed body parts and the augmented reality we can access. It's both exciting and scary, because technology has glitches. We are always trying to perfect it, but never satisfied.

Does the selfie craze prove we are all hopeless narcissists now?

It's about documentation of everything in life and gives you the appearance of control in it. We can create mirrors wherever we go.

METRO WORLD NEWS

Market Minute



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CAN WE DROP THE REAL WOMAN CLICHÉ?

Last week a stranger asked me if I was expecting; I am not even remotely pregnant, although perhaps this is a sign I should lay off the boxes of holiday chocolates.

It was a harmless mistake I suppose — I think I was resting my hand on my stomach in a suggestive manner — but the incident did get me thinking about our willingness to comment so freely on other people's bodies, despite how inappropriate it might seem.

Bodies, especially female ones, are constantly in the public discourse. Fitness blogger Maria Kang (a.k.a. Fit Mom) caused quite a stir recently after posting a photo on her Facebook page in which she is flaunting her toned abs while surrounded by her three children and posing the question, "What's your excuse?"

Kang's narcissism and her finger-pointing at mothers who might try to justify a few pounds of leftover baby weight clearly didn't sit well with many individuals. And her follow up 'Sorry, I'm not sorry' faux-apologies didn't win her any



SHE SAYS
Jessica Napier
metronews.ca

fans either.

Last week, Kang wrote a piece for Time magazine denouncing what she refers to as "the fat acceptance movement" and arguing that "fit women are real women, too." While her self-righteous, fat-shaming irks me, it's her usage of the "real women" cliché that really gets under my skin.

I am a real woman. I eat a salad every single day for lunch and work out on a regular basis. I also really enjoy pizza and doughnuts. I don't believe in Kate Moss' motto that "nothing tastes as good as skinny feels" because hip bones are never going to be as important to me as artisanal cheeses. But that's just me.

Kate Moss is also a "real" woman and yes, so is Maria Kang — although it's worth noting these particular women often have a little help from Photoshop in their public photos. It's problematic to suggest that some women are more authentic than others.

Not all "real women" have curves and yet we can't seem to

escape these sorts of absolutist expressions. Leggy, six-foot-tall supermodels with high cheekbones are still actual human beings — no matter how genetically impossible they might seem.

Some people applaud initiatives such as Dove's Real Beauty campaign that try and put "normal" women front and centre in the media, but I have a hard time getting on board with it. Of course I want to see a variety of bodies in mainstream advertising, but labelling them as "real" is just patronizing. Dove might be lauded for their efforts to include a diversity of models in their ads, but the message still elevates appearance over all other human qualities — which is probably understandable since at the end of the day they're still hawking body wash.

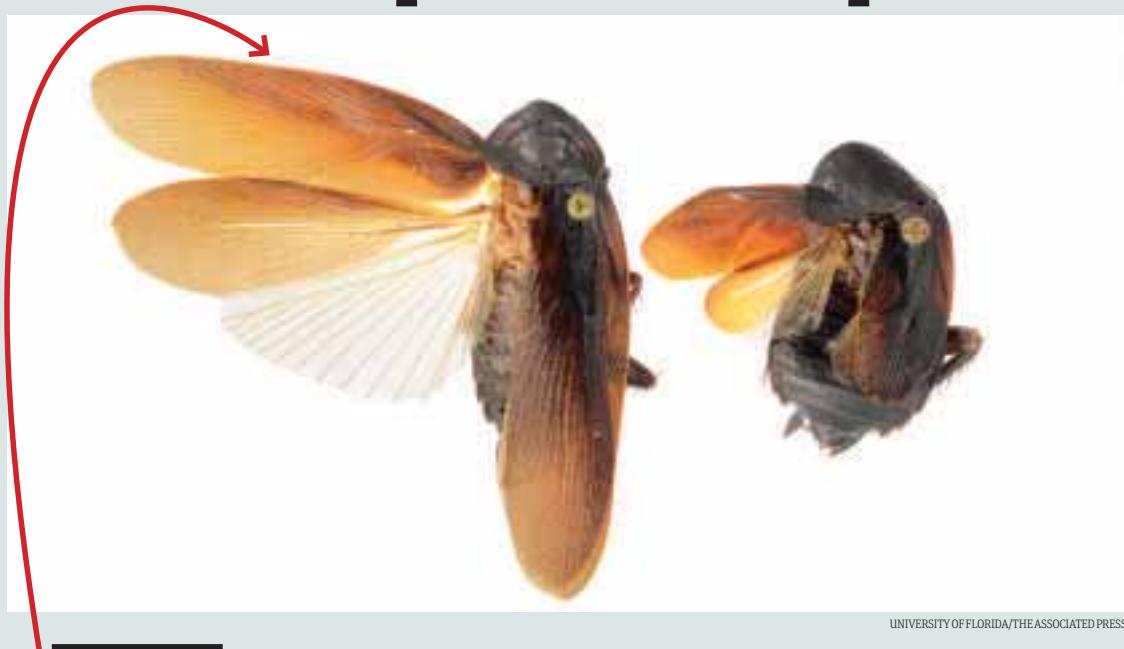
I'd love it if we could all stop using the "real women" cliché whenever we talk about bodies that deviate even slightly from the North American beauty ideal. All women, no matter their shape or BMI, are in fact "real" unless they come with a portable inflation pump.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Cockroach species turns up in NYC



UNIVERSITY OF FLORIDA/THE ASSOCIATED PRESS

Invasive insect can withstand winter

The High Line, a park that turned a dilapidated stretch of elevated railway on Manhattan's West Side into one of New York's newest tourist attractions, may have brought a different kind of visitor: A cockroach (pictured) that can withstand harsh, cold winter and has never been seen before in the U.S.

Rutgers University insect biologists Jessica Ware and

Dominic Evangelista said the species *Periplaneta japonica* is well documented in Asia but was never confirmed in the U.S. until now. The scientists, whose findings were published in the Journal of Economic Entomology, say it is too soon to predict the impact but that there is probably little cause for concern.

The newcomer was first spotted in New York in 2012, by an exterminator.

THE ASSOCIATED PRESS

Critter versus critter

"Because this species is very similar to cockroach species that already exist in the urban environment, they likely will compete with each other for space and for food."

Dominic Evangelista, Rutgers University insect biologist
Competition will likely keep the population low, because more time and energy spent competing means less time and energy to devote to reproduction.

No super species hybrid

- The scientists suspect the critter was likely a stowaway in the soil of ornamental plants used to adorn the park.
- The likelihood that the new species will mate with the locals is slim, Evangelista says because "The male and female genitalia fit together like a lock and key, and that differs by species."

@metropicks asked:
Tamagotchi, a 90s electronic pet, will come back in 2014. What other toys should — or shouldn't — return?

@ColinHFX: MOON. SHOES.

@nicoleblancPR: Skip it! Those things are a hazard!

@strangerob: I pity the store clerks who will have to deal with these damn things & the angry parents.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Gambitious:
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Rock The Post:
Hobby projects need not apply. Rock The Post's niche is revenue-generat-

Twitter



@turdwraster: bring back lawn darts

@J_T_V: THE JOCK JAMS CD SERIES

@ArCowx: I still have mine!

@SmashSays: @VivienLily Should I preorder you one? Haha

@QRProblems: Fraggles

Follow @metropicks and take part in our daily poll.

**Fast & Furious 6****Director.** Justin Lin**Stars.** Vin Diesel, Paul Walker, Dwayne Johnson

•••••

The recent tragic car crash death of Paul Walker makes *Fast & Furious 6* the last possible film with one of its original main co-stars. It's one of the better sequels — meaning action-packed — of this 12-year-old franchise. Directed once again by a steadily improving Justin Lin (he also helmed chapters 3, 4 and 5), the film reunites the ol' gang of hot wheelers just when they think they've made it to early retirement. Walker's Brian O'Conner and Vin Diesel's Dominic Toretto are obliged to put down their pina coladas and rev their engines for a predictably ridiculous story about stopping a badass band of mercenary drivers. Joining the fray are Dwayne Johnson, Michelle Rodriguez, Jordana Brewster, Tyrese Gibson, Sung Kang and Chris "Ludacris" Bridges, plus new faces Gina Carano and Luke Evans. Will you believe that a sports car can speed out of a crashing cargo jet? No, but it's fun to watch, although you may get misty-eyed over the scenes involving Walker. Extras included: deleted scenes, an extended version of the film, a director's commentary and making-of featurettes.

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Sounds for the season

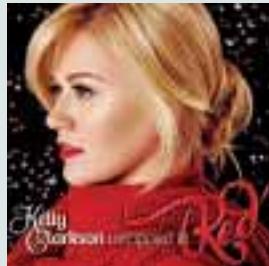
If you've been to the mall recently, you know it's beginning to sound a lot like Christmas. We understand if you've hit Jingle Bell Rock-bottom, but if you haven't, here are some festive sound suggestions.

PAT HEALY

Metro World News in Boston

**Wrapped in Red:
Kelly Clarkson**

Listening to the first three songs on Kelly Clarkson's new holiday release is a lot like getting a detailed Christmas card from a good friend who you haven't thought of in a while. It's one part "Oh, hey, so that's what you've been up to" and one part "Oh, right, this is why I like you!" But if you keep listening it's a little bit like hanging out with that old friend for a long weekend. You get traces of "Oh yeah, that's what kinda always bugged me about you." Yes, her voice is every bit as remarkable as it was when she won the first American Idol. The highlight may actually be an original song, Winter Dreams (Brandon's Song), which she wrote for her husband.

**A Mary Christmas:
Mary J. Blige**

Upon first glance, this album looks like such a no-brainer that you wonder why this didn't happen way sooner. Mary's soulful voice and that punny title are holiday gold, right? Not quite. Mary does sound great, but pianist and producer David Foster — best known for creating the Celine Dion sound and the Josh Groban sound — gives the whole collection too much of the Celine Dion sound and the Josh Groban sound. Maybe this compilation really should have happened sooner, and without David Foster.

**Duck the Halls:
The Robertsons**

My initial reaction to any musical output from the family behind Duck Dynasty is one of "who let this happen?" But the weird thing is, it's actually pretty good. Kicking off with Ragin' Cajun Redneck Christmas, a song that Willie Robertson actually co-wrote, is a rootin' tootin' good time. Sure, they have plenty of hired hands from the country music genre helping out, but this is a fun album. Sadie and Uncle Si can't really sing and there are lyrics like "We bought every string of lights Walmart had" and "Like Jesus and Santa Claus, we've got love behind these beards" (in the same song!), but it's full of goofy cheer for anybody who always wanted to hear a follow-up single to Grandma Got Run Over by a Reindeer.

**Psych-Out
Christmas:
Various Artists**

The album cover features Santa with a spliff in his mouth, so it's no stretch to say this 17-song compilation is a real trip. It's contemporary psychedelic indie acts like Psychic Ills and Quinton and Miss Pussycat alongside veterans like Iggy Pop, providing mostly sincere — if not a little hazy — takes on holiday classics. Sleepy Sun's re-imagining of What Child is This? is so epic you'll feel as high as the star (or angel) atop your tree and want to see the figurines of the nativity set rocking out to it.



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The vote is split on 2013's best flick

Anyone's awards.

There was no critic consensus in L.A. this weekend, making Oscar predictions tough

The Los Angeles Film Critics Association split between the space odyssey Gravity and the futuristic romance Her, lending no more certainty to an awards season that's so far been full of contenders.

The two films shared best picture in the awards announced Sunday by the L.A. critics, but Gravity was the top award-winner. The innovatively made, lost-in-space drama won for best director (Alfonso Cuaron), best editing (Cuaron and Mark Sanger) and best cinematography (Emmanuel

Lubezki).

Her, which is about a man (Joaquin Phoenix) who falls in love with his computer operating system (voiced by Scarlet Johansson), also won for K.K. Barrett's sleek, near-future production design.

But the critics otherwise spread the honours around.

Dual winners were the theme. Best actress was shared by Cate Blanchett for her fallen socialite in Woody Allen's Blue Jasmine, and Adele Exarchopoulos for the lesbian coming-of-age tale Blue Is the Warmest Color. (The later film also won for best foreign language film.)

Best supporting actor was also a two-fer, with the group jointly honouring Jared Leto's performance as an HIV-positive transsexual in Dallas Buyers Club and,

Hard to predict

Early movie awards can help sort out the Academy Awards race, but they've been particularly varied this year. Last week the New York Film Critics Circle named American Hustle best film. The National Board of Review picked Her and the Gotham Awards elected Inside W Davis. On Sunday, both the New York Film Critics Online and the Boston Film Critics named the slavery epic 12 Years a Slave best picture. The LA critics also voiced its strong support for the film naming Lupita Nyong'o best supporting actress, and giving a "special citation" to the film's creative team.

more surprisingly, James Franco's performance as the cornrowed gangster Alien



Gravity shared the best picture award with Her at the Los Angeles Film Critics Association awards Sunday. CONTRIBUTED

in Spring Breakers.

Best actor went to Bruce Dern for his performance in Alexander Payne's father-son road trip Nebraska.

Last year, the LA critics chose as best picture Michael Haneke's aging drama

Amour, which went on to win the Oscar for best foreign language film.

The association, a group of several dozen film critics, will hand out the awards in a Jan. 11 ceremony in Los Angeles.

Hollywood's awards season continues on Wednesday with the Screen Actors Guild nominations, followed Thursday by the Golden Globe nominations.

THE ASSOCIATED PRESS

THE GREATEST ADVENTURE IN 70 MILLION YEARS

A large movie poster for "Walking with Dinosaurs 3D". It features a Tyrannosaurus Rex on the left, a Triceratops in the center, and a Pterodactyl flying above them. The background is a prehistoric jungle with mountains. The title "WALKING WITH DINOSAURS" is in large, stylized orange letters, with "THE 3D MOVIE" below it. At the bottom, it says "IN THEATRES DECEMBER 20". The eOne logo is in the bottom right corner.

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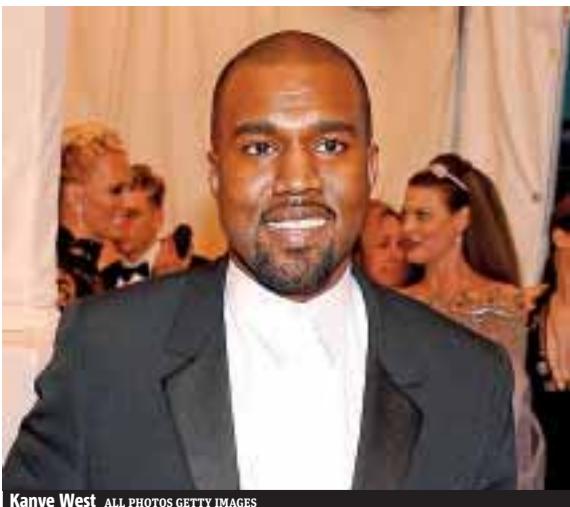
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Kanye West ALL PHOTOS GETTY IMAGES

All quiet on the West front: Kanye wants you to know his tour is war zone-tough

Kanye West isn't sure everyone appreciates how dangerous his current tour is. "Like, I'm just giving off my body on the stage. I'm putting my life at risk, literally," West says in an interview with SaturdayNightOnline.com, citing some of the precarious set pieces involved in the live

show. "And I think about it. I think about my family and I'm like, wow, this is like being a police officer or something, in a war or something. Like you're literally going out to do your job every day, knowing that something could happen. Something can happen to you."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Could Miley be the Person of the Year?

PAT

HEALY

Metro World News

Time magazine's managing editor Nancy Gibbs announced the shortlist for Person of the Year on the Today show yesterday and one inclusion may surprise you: Miley Cyrus.

Yes, the person most famous for twerking all over our TV screens is in the running with President Obama, Pope Francis, Amazon founder Jeff Bezos, Syria's President Bashar Assad, Iran's President Hassan Rouhani, Texas Sen. Ted Cruz, Secre-



tary of Health and Human Services Kathleen Sebelius, Edward Snowden and gay rights activist Edith Windsor for the title.

"Power is not just political. It can be cultural, it can be spiritual. She came in like a wrecking ball, literally," Gibbs said, trying desperately to have this make sense.

"At a time when you're living with an explosion of exhibitionism since we all now carry cameras with us at all times, she is a symbol of the way we live."

Ben Affleck says being a movie star is about as fun as being a suspected murderer, at least when it comes to love and marriage.

"The crucible by flash-bulb," he told Playboy of his relationships with the Jennifers (Lopez and Garner).

"It was magazines then, and those days are more or less gone. Now it's online, but it's the same thing. At the nadir of that I felt I was being treated worse than Scott Peterson, who at least got the benefit of the word alleged when they talked about him."

Twitter



@mindykaling

The secret is if you stay late enough the lakers girls dancing gets sexier and they wear less clothes. They started in baggy verizon tshirts and now they're in like gold and purple string bikinis. It's the best



@tonyhawk

Today I learned that de-icing a plane can take an extraordinarily long time... & the whole idea kinda freaks me out.



@ChloeGMoretz

the best feeling is listening to all i want for christmas is you with someone you love

Will you Mary-Kate me? Olsen may be on her way to the alter

Is Mary-Kate Olsen getting ready to welcome a partner into her voluminous circle scarves?

The actress/twin/fashion person, 27, has been dating Olivier Sarkozy, the 44-year-old brother of France's ex-president Nicolas Sarkozy, for more than a year. Despite the 17-year age difference, the two are reportedly getting quite serious.

According to Page Six, Mary-Kate was recently spotted perusing diamond engagement rings at the Neil Lane boutique in Los Angeles. Apparently, MK was drawn to platinum bands with large, cushion-cut gems, some as much as \$100,000 — "I don't think price was an issue," a source said.

Well, obviously not. They are the very definition of a power couple. One of them is the scion of an immensely powerful global dynasty, and the other one is Olivier Sarkozy.



Britney Spears

Spears thinks Chaotic was a crappy decision, but don't you dare diss Crossroads

Regrets? Britney Spears has a few. Her biggest, apparently, was documenting her relationship with ex-husband Kevin Federline on the short-lived 2005 reality series *Britney and Kevin: Chaotic*. Spears admits the show was a mistake. "I would never do something like that again," she tells the

Telegraph. "Actually, that was really bad. That was probably the worst thing I've done in my career." But she doesn't feel the same way about her big-screen debut, 2002's *Crossroads*. Asked if she's embarrassed about it, Spears shouts back, "No! I like *Crossroads*! F— you!"

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Keeping pounds off with healthy holiday drinking

Sipping celebrations.

The Food Babe weighs in on what to avoid when you're attending those multiple holiday shindigs

ANDREA PARK
Metro World News

Holiday parties are filled with good cheer, friends and of course, plenty of booze. Maybe you're looking for the cocktail or beer that will do the least damage to your body? Activist and blogger Vani Hari, also known as the Food Babe, talked to Metro about how to pick your poison during the holidays.

Beer

You'd be surprised by the "extras" some manufacturers add to your favorite beers. Hari called individual companies to ask for ingredient lists and found that some beers contain ingredients like corn syrup and caramel coloring. Caramel coloring is known to be carcinogenic. It contains a chemical called 4-methylimidazole, which has been linked to cancer in animals. Hari said beer manufacturers use caramel colouring to give the beers a "deep golden brown" colour that is typically achieved by using high quality hops. Newcastle is one brand that uses caramel coloring in its beers.

Hari said some of the



Celebrate all you want — just do it responsibly. ISTOCK PHOTOS

mass-produced beers that have corn syrup in their ingredients list include Corona, Miller, Coors, Pabst Blue Ribbon and Red Stripe. Heineken, Amstel and Sierra Nevada are a few popular brands that do not use genetically modified ingredients or other unsavory additives.

Even so, Hari recommended seeking out beers from local microbreweries first.

"Those smaller breweries are generally not using the crazy additives that other companies use to save money or produce faster," she said.

Go easy

Of course, the healthiest way to go is to avoid drinking when possible.

- A simple solution. "You don't have to drink at every holiday party," said

Hari. "If you have five parties in a week, don't feel like you have to drink at all of them. A club soda with lime on the rocks looks like a vodka tonic so you can blend in."

Wine

Not all wines are created equal. Hari said some wines are produced with poor quality grapes and can include preservatives, additives and

sulfites. Sulfites have been linked with allergic reactions and asthma. Hari suggested buying organic wines, which eliminate exposure to pesticides and other additives.

She likes drinking biodynamic wines by Frey and Robert Sinskey. "They take it up another notch by making wines that are biodynamic," said Hari. "You're not just drinking organic wine, but wine that's also environmentally friendly."

Hard alcohol

Again, Hari urged consumers to buy organic hard alcohol, as it's impossible to simply check an ingredients label for additives. "You're also not going to have genetically engineered corn or soy in the organic versions of liquors," said Hari.

Hari said your best bet is to go for the simplest spirits — flavored ones may contain artificial or natural flavors that can include a range of substances, including castoreum, which is sometimes derived from beavers' anal glands.

Agave plants are not sprayed with pesticides as much as other plants, thus agave-derived liquors like 100 per cent agave tequila (Patron is one brand) are "very clean," according to Hari.

As far as navigating cocktails at holiday parties, Hari said it's best to go for unflavored mixers as well, like soda water or 100 per cent juices.

"Stay simple," she said. "Juice is way better for you than Pina Colada or Bloody Mary mix. The holidays are a time to have a good time and let loose, so just minimize the damage by trying to pick the best drinks."

3
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Did you know 72% of pain sufferers regularly have trouble sleeping?

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Best Health

Give gifts from the heart

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, we rounded up some beautiful and practical gift ideas, all with a healthy twist. Pick up the issue to find a roundup of items that cover all four of our healthy pillars: Look Great, Get Healthy, Eat Well and Embrace Life.

But we also suggest gifts like donating your time. According to research volunteering can improve mental health and help you live longer. Here are three charitable gift ideas.

Plan Canada Gifts of Hope Newborn Checkup, \$30.

This home visit will check in with a mom and newborn within the first three days of birth — a crucial time to ensure that baby is thriving and mom is recovering well. Go to plan-canada.ca/gifts for more information.



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ISTOCK PHOTOS

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World Vision Christmas Ornament Set (Trio), \$85.

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Do you think you have seasonal affective disorder?

Bad in bed. It might have nothing to do with the changing of the seasons, you might just simply be sleep-deprived

LINDA CLARK
Metro World News

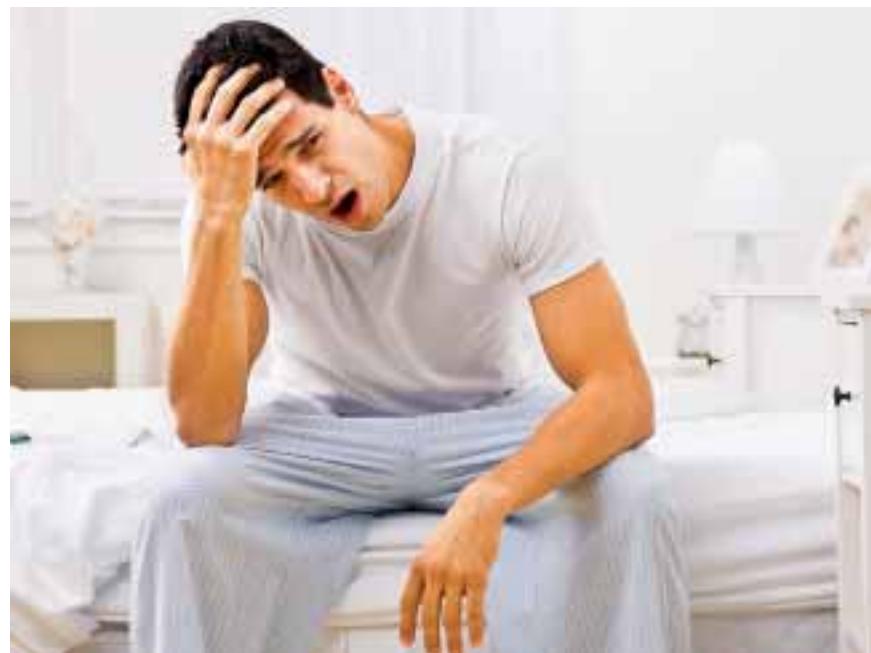
Are you feeling extra sleepy now that the days are short and the nights are long? Does a dark, cold afternoon make you want to curl up and snooze?

Well, it's not entirely due to the change in the seasons, according to Dr. Lawrence J. Epstein, an associate physician of sleep medicine at Brigham and Women's Hospital in Boston. He says it's more likely due to year-round sleep deprivation.

"Humans don't hibernate — if people feel like sleeping longer in the winter, it's likely due to sleep problems in general," says Epstein. "People are just not getting enough sleep. Over the past 50 to 75 years, our sleep has been decreasing. This is not good. It causes changes in the body's physiology. It's not healthy."

Inadequate sleep is associated with weight gain, changes in glucose metabolism leading to diabetes, hypertension and an increased risk of heart disease.

"People who have poor sleep don't live as long," says Epstein. "You don't feel good. Cognitive function is impaired, reaction time is slower, attention decreases and judgment is impaired."



Shake out the cobwebs with some simple changes. ISTOCK PHOTOS

Sleep tips

Here are some tips to help establish and maintain your personal sleep pattern

- **Schedule.** Set aside enough time for sleep
- **Routine.** Go to bed at the same time and get up at the same time every night
- **Do not touch.** Avoid alcohol and caffeine

and that inclination for extra sleep can be a good opportunity to establish more restful long-term sleep habits.

"You can absolutely reset your sleeping pattern," says Epstein. "It can be very individual; not everyone sleeps at the same times and for the same amount of time."

He recommends testing out going to bed when you're sleepy and waking up when you want (if you're lucky!) to figure out what sleep schedule works best for you.

"Initially, you're making up for lost sleep, (but) in two weeks, you're waking up feeling refreshed and you've found your natural sleep period."

light usually fixes the problem."

Indeed, light exposure sets circadian rhythms (the body's internal clock), determining when we sleep.

That's why some people might sleep longer in winter, when there's less daylight,

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Students receive basic manicure training on natural nails and beauty treatments such as makeup application and eyebrow waxing.

A four-week internship gives students the practical hands-on experience of working in a real salon, as well as the opportunity to network with other professionals and build a portfolio.

The only public college in Manitoba to offer this kind of program, WTC gives its students more bang for their buck and students have access to free parking, top-of-the-line facilities and products.

Most students have to wait until after



CONTRIBUTED

high school to begin a career in skilled trades or technology, but Winnipeg Technical College offers secondary school students a fast-track to an engaging career.

"Our program accepts high school students from grades 11 and 12 in the Pembina Trails School Division," says Mary Elliott, hairstyling instructor.

Since Pembina Trails sponsors these students, their tuition is free.

All of the instructors at WTC are experts in their field with years of industry experience.

Keeping with the college's mandate of accessibility, daytime and evening programs are offered, both of which have seats available for upcoming January/February intakes. Each program option is accredited, meaning all successful graduates leave WTC career ready and qualified for any salon.

The cumulative employment rate for graduates is an impressive 86 per cent.

Program alumnus Scott Ramos has made waves in the Manitoba styling scene, working at the trendy and popular Berns & Black Salon & Spa, owned by Kitty Bernes, another WTC grad.

"The hairstyling program changed my life," Ramos says. "It was filled with inspiring teachers. They continually believed in me and pushed me in the right direction."

To register or learn more about WTC's hairstyling program, visit wtc.mb.ca or call 204-989-6500.

Love Style?

REGISTER NOW

The Winnipeg Technical College Hairstyling program provides students with the opportunity to study all aspects of hair services for both men and women. Students receive basic manicure training on natural nails, as well as basic beauty treatments such as makeup application and eyebrow waxing. Students may enroll in either the daytime program or the evening program.

Hairstyling is an accredited program that follows the guidelines of the Entrepreneurship, Training and Trade, Apprenticeship Branch.

wtc.mb.ca 204.989.6500

WINNIPEG TECHNICAL COLLEGE 



HERZING HELPS YOU MAKE A SOLID FIRST IMPRESSION

While it is important to look great on paper when applying for a job, it is just as important to look great in person.

During a job interview or even your first day at a new job, you only get one chance to make that first impression.

To make a great first impression, it is important to dress appropriately and professionally. This also applies to students entering into internships, work studies or practicums.

Herzing College career development specialist Caroline Glowatski came up with the idea of The Herzing Hanger — a closet filled with professional clothing, jewelry and accessories for students entering their practicum.

“Some of our students are in need and can’t afford to buy new work appropriate clothes,” says Jenna Boholij, community relations co-ordinator. “Students receive permission from their instructor to access the closet and pick out a few outfits and items for themselves at no charge.”

The closet was created to ensure Her-

zing students were stepping into their practicum with their best foot forward. Not only does dressing professional for internships and practicums help students look professional, it also improves their confidence, which ultimately can improve their performance on the job.

For many students, just getting through school and finding the money to complete it is challenge enough.

By the end of a student’s educational journey, any professional clothing they may have previously owned may no longer fit, or may be outdated. This is where The Herzing Hanger closet can come in handy.

“Any Herzing student approved by the dean or their instructor would qualify as needing the donations,” Boholij says.

The Herzing Hanger accepts donations of gently-used professional clothing, jewelry, and accessories at 723 Portage Ave.

Donations are accepted Monday to Friday, from 9 a.m. to 5 p.m.



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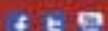
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Courtney, Medical Office Assistant Student

Alex, Radio & Television Broadcaster Student

Demie, Administrative Assistant Student

PACE PROGRAMS CAN GIVE YOU AN EDGE

Some days a struggling student needs help getting and staying on track. Other days, a teacher could just use an extra pair of hands.

Diane Goltz says what she loves most about her job as an educational assistant is that she never knows what each day will bring.

But what she does know is that through her job she can help make the educational experience better for everyone.

"The educational assistant diploma program through the University of Winnipeg PACE (Professional, Applied and Continuing Education) gave me a lot of practical strategies," Goltz says.

Whether it's how to spot a child who needs extra attention or knowing the best way to support a teacher's goals, Goltz says there is a lot to learn about being effective in a classroom.

With skilled instructors from a wide

range of backgrounds, she found there was something in each class that she could take away and add to her own repertoire.

Goltz says not only did she gain the tools she needed, the program gave her something more — confidence.

"I really feel like the program gave me an edge," Goltz says.

To learn more about the PACE educational assistant diploma program, visit pace.uwinnipegcourses.ca.



CONTRIBUTED



CONTRIBUTED

PATAL'S ENVIRONMENT ENCOURAGES STUDENTS

Patal will host its annual Christmas feast with staff and students that will be replete with heaping plates of turkey, stuffing, mashed potatoes, bannock and other goodies.

Patal's culinary arts and baking students will also be cooking up a storm for residents and guests at The Madison Lodge for Siloam's annual Christmas dinner.

Patal's unique environment and approach encourages students to believe in

themselves and develop positive and lasting relationships. At Patal, students build computers, bake cakes, pies, cookies, and cook tasty and delicious meals, but, most importantly, the school focuses on building character, skills, and resiliency in all who pass through its doors.

There will be many interesting ideas developing in 2014, bringing real-life situations to classes, encouraging entrepreneurship, providing mentorship and developing ways to give back to the community.

What is the meaning of a career choice to Patal's students? It means self-sufficiency, feeling empowered, achievement of goals, finishing what you start and being able to provide for your family in a meaningful way. It also means accomplishment.

Patal is currently taking applications for 2014 in the following fields — PC service technician, business accounting, office administration, culinary arts, baking, and hospitality.

PACE
PROFESSIONAL, APPLIED AND CONTINUING EDUCATION

GET CAREER READY WITH A UNIVERSITY DIPLOMA

Register now for our upcoming full-time programs:

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Winter term begins January 6, 2014

REGISTER NOW!

pace.uwinnipeg.ca
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ARE YOU READY FOR A HANDS-ON CAREER?

WELLINGTON PROGRAMS CAN MEET YOUR NEEDS

The new year is a great time to get that hands-on career of which you have always dreamed.

Wellington College can help you get started in a career as a massage therapist through either its full-time remedial massage therapy program (two years) or the advanced distance education program (three years).

Whether you are looking for a program to meet the needs of your busy schedule, or a program that will get you in the workforce faster, these programs will prepare you for a career as a licensed massage therapist.

Both programs are based on basic and advanced stages.

"The basic year is similar to most courses and gives the students a foundation for massage therapy," says Dale Gran, WC (Hons), LCSP (Phys) RMT,



CONTRIBUTED

vice-principal, department head of practical studies, Wellington College.

"The difference with our course is that we spend a large amount of hours in the theory of the body, including classes like anatomy, physiology and pathology to

understand what we are affecting when we massage."

The advanced year is osteopathic-based assessment and treatment protocol of musculoskeletal dysfunction.

"This is where we differ from most

colleges in that we make sure our students have the fullest understanding of the theoretical and practical aspects of massage therapy so they understand what they should and shouldn't be doing to the body during treatment," Gran says.

In distance ed, the basic year is also one year, but the advanced year is split into two years because students only attend school once a month.

Aside from the quality of education given to each student, Wellington College makes each student part of the Wellington community.

"What sets us apart from the other colleges is the compassion, openness and caring of the entire staff — instructors, admin and retail," Gran says. "Our academic program is based upon one of the leading curriculums in Canada, but we pride ourselves on our instructor availability and family atmosphere."

The application deadline for full-time program is July 31, 2014, and the distance education deadline is May 31, 2014.

For more information, please visit wellingtoncollege.com.



Build a future with your hands.
Study Massage therapy.



WellingtonCollege.com

435 Berry Street | Winnipeg MB | R3J 1N6
info@wellingtoncollege.com | 204-957-2402

SEASON OF GIVING

VOLUNTEER MANAGEMENT CERTIFICATE PROGRAM AT RED RIVER COLLEGE



volunteers. Students must complete six core courses and 72 hours of practicum or electives.

The core courses include recruitment and marketing, risk management, program planning and evaluation, interpersonal communication, and working with volunteers.

The volunteer management certificate is also available entirely through distance learning so students can enrol from anywhere in Canada to earn the certificate.

Practicums may also be completed outside of Winnipeg.

Graduates can go on to a number of exciting careers within a variety of different fields, such as sports organizations or in the health-care field.

This certificate is a requirement for those looking to gain employment in volunteer management in the health sector in Saskatchewan.

While individuals may find volunteering to be rewarding, it takes the right individual to dedicate their career to this task.

"As long as you are able to keep them motivated and the volunteers are finding the work rewarding, they will work just as hard as anyone else," Mireau says.

For more information, visit rrc.ca/vol.

This is the season of giving, but it is also time to consider giving more than just material items. Think about volunteering your time.

While it's great to donate your time over the holidays, volunteers are needed throughout the year for a variety of

causes and events.

Turn a holiday tradition into a fulfilling career with the Red River College volunteer management certificate program.

"Volunteers play an important role in the success of any organization," says

Gail Mireau, program manager, community services and education for the school of continuing education, Red River College. "Someone needs to be leading these volunteers."

This certificate program trains students to manage and motivate groups of

Kelly Seifert, Volunteer and Event Staff Coordinator, Volunteer Management Certificate, 2010.

 RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Volunteer Management Certificate Program

Develop the skills to recruit, select, motivate, train and manage volunteers. Explore the key areas such as:

- Recruitment and Marketing
- Risk Management
- Program Planning and Evaluation
- Interpersonal Communication

Available by Distance Delivery.

For more information:
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**Reach beyond
with Continuing Education**



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OBTAI PERTINENT SKILLS AT ROBERTSON

Robertson College health-care aide (HCA) and health-care aide challenge (HCAC) programs combine theory and practical training that equips graduates with the skills to obtain successful employment opportunities.

Start off 2014 by enrolling in either the HCA program or HCAC and you can be career ready by summer.

The Robertson College HCA program allows individuals to train for a career in the health-care field in 22 weeks (daytime).

For those looking to fit the program into their schedule, it is also offered in the afternoons or evenings.

"This program allows individuals the opportunity to become a certified HCA while still being able to maintain their employment," says Amanda Young, faculty head of health, Robertson College, Winnipeg campus.

HCA's are important to the community because they play an integral role in assisting patients with mobility and hygiene, providing palliative care, and working with patients who suffer from mental health issues.

Robertson's HCA program will teach students how to carefully assist with medications, help patients with mobility issues and ongoing conditions, and implement care plans,

among many other skills.

Students will also get a chance to put their skills to practice through a six-week practicum.

The HCAC program is an excellent opportunity for foreign-trained nurses to gain the skills and experience in the Canadian health-care system while they are waiting for their nursing credentials to be processed in Manitoba.

"The potential need for health-care aides is growing and will continue to grow, especially in the home-care sector," Young says.

The HCAC program is divided into two programs. It is either a 12- or 13-week program designed to allow individuals working as uncertified HCAs with more than 1,200 hours in the past two years, or foreign-trained nurses to become certified health-care aides.

The 13-week program consists of an industry practicum.

The next intake for the HCA program is Jan. 6, 2014, while HCAC begin Jan. 28, 2014.

Registration is open and can be done by calling the main campus at 204-943-5661.

For more information about the Robertson College HCA and HCAC programs, visit robertsoncollege.com.

ROBERTSON
COLLEGE

**Be Employment-Ready
by Summer 2014!**
Join the success of over
1600 Robertson College
Health Care Aide grads.

Why Robertson's Health Care Aide program?

Gain real world experience with your 6 week practicum// Get hands-on, practical lab experience//Guaranteed lifetime career Services-now & 25 years down the road// Take your studies with you and get a laptop to use for FREE during your program*//

**There's only months between
you & your dream career.
Classes start January!
Call 204.800.7933 or visit
www.robertsoncollege.com
to get started.**

*Conditions apply. Please contact Robertson College for complete details.

Frosty the Shortbread Snowman was a very jolly treat

1. Line 3 rimmed baking sheets with parchment paper.

2. Beat butter with icing sugar, vanilla and salt until fluffy. Add flour and mix well. Chill until easy to handle.

3. Measure level 30 ml (2 tbsp) portions into 8 balls for snowman bases; arrange on prepared baking sheet. Measure level 15 ml (1 tbsp) and 10 ml (2 tsp) portions respectively for 8 bellies and 8 heads of

Ingredients

- 375 ml (1 1/2 cups) softened unsalted butter
- 175 ml (3/4 cup) icing sugar (plus extra for decorating)
- 7 ml (1 1/2 tsp) vanilla extract
- 2 ml (1/2 tsp) salt
- 750 ml (3 cups) all-purpose flour
- Mini chocolate chips, gum drops, licorice whips, jelly beans, fruit leather, etc.

Easy Icing Sugar Glue

Stir 90 ml (6 tbsp) icing sugar with 7 ml (1 1/2 tsp) water. Spoon small dab between balls to assemble snowmen. Use toothpicks to help paste on small items.

snowmen. Arrange on baking sheets. Chill for 30 minutes.

4. Heat oven to 180 C (350 F). In batches, bake largest balls for 18 minutes, medium balls for 15 minutes and smallest balls for 12 minutes or until balls are golden on the bottom and set. Let cool completely.

5. Roll in icing sugar to coat. Create a paste using additional icing sugar and water (see fact box); use to stack and assemble balls into a snowman shape. Decorate as desired with candies. **THE CANADIAN PRESS/GAY LEA FOODS**



This recipe makes eight snow people. **THE CANADIAN PRESS**

Dessert. Original Scottish Shortbread



1. Heat oven to 150 C (300 F).

2. In a bowl, beat butter and sugar until smooth. Gradually add flour, mixing thoroughly after each addition. Knead light-

Ingredients

- 250 ml (1 cup) softened butter
- 175 ml (3/4 cup) granulated or fruit sugar
- 625 ml (2 1/2 cups) sifted all-purpose flour

ly. Wrap tightly in plastic wrap and refrigerate for 1 to 2 hours.

3. On floured surface, roll out dough to about 1/2-inch (1-cm) thickness. Using a cookie cutter or a glass dipped in flour, cut into desired shapes and place on ungreased baking sheet.

4. Bake for 20 to 25 minutes or until golden brown. Immediately transfer to wire racks to cool. **THE CANADIAN PRESS/THE 250 BEST COOKIE RECIPES BY ESTHER BRODY (ROBERTROSE.CA, 2013)**

Health Solutions

Let the loafing begin



NUTRI-BITES

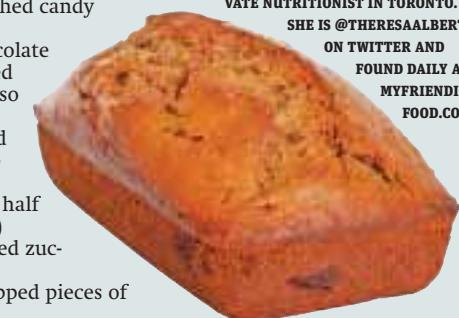
Theresa Albert
DHN, RNCP
myfriendinfood.com

brie with grated apples
• Cocoa nibs
• Hemp seeds
• Pineapple chunks
• Hot peppers and lime juice (to make a more savoury loaf)

There is no reason the holidays have to be unhealthy or boring. Just a few simple jazzy bits can make all the difference.

Remember to wrap your loaf in plastic and tie it with a pretty ribbon. Everyone likes an edible gift (that they can re-gift and look like a star even though they didn't do a darned thing!).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



- Chopped Medjool dates
- Crushed candy canes
- Chocolate covered espresso beans (placed on top when loaf is half baked)
- Grated zucchini
- Chopped pieces of

Doubling the oats makes them breakfast food, right?

Many people would balk at the idea of eating holiday cookies for breakfast, but this recipe might make you reconsider.

These Double-the-Oats Oatmeal Cookies are so jammed with oats — making them tender and wonderfully chewy and rich — that eating them is like enjoying a morning bowl of oatmeal in the form of a cookie.

Feel free to substitute 1 1/2

Ingredients

- 2 eggs
- 1 tbsp vanilla extract
- 1 cup dark brown sugar
- 1/2 cup granulated sugar
- 1 cup vegetable oil
- 1 1/2 cups all-purpose flour, sifted
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground cardamom
- 1/2 tsp salt
- 3 1/2 cups old-fashioned rolled oats (not quick-cooking), divided
- 1 1/3 cups dried cherries
- 1 generous cup pecan halves, coarsely chopped



This recipe makes three dozen cookies. **MATTHEW MEAD/THE ASSOCIATED PRESS**

cups of dark chocolate chips and 1 cup of chopped walnuts for the cherries and pecans.

1. Heat the oven to 350 F. Line a baking sheet with kitchen parchment.

2. In a large bowl, whisk the eggs and vanilla until frothy. Add both sugars and the oil. Mix until well blended and

creamy in appearance.

3. In a medium bowl, whisk together the flour, baking soda, cinnamon, cardamom and salt. Add to sugar and egg mixture and mix until completely combined. Mix in 2 cups of the oats, then the cherries and pecans.

4. Working in batches, use a spoon to drop cookie dough on prepared sheet, leaving about 2 inches between cookies. Bake for 14 to 15 minutes, or until golden brown and still soft at the centre. Cool for 2 minutes on the baking sheet, then use a spatula to transfer to a rack to cool completely. **THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**

Having fun at the Xmas work party is a tightrope, need help walking it?

Eat more, drink less.

Gratitude, discipline, light flirting and being yourself is a great start but always remember it's not just some bar, it's your office

JULIA
FURLAN
Metro World News

Sure, the halls are decked and there's an array of festive booze ready to be guzzled, but an office holiday party is a ruse. In fact, "office" matters a lot more than "party" in the grand significance of the event. If you're smart, you can make an office holiday party good for your career (and have a little fun, too).

Karen Elizaga is an executive coach and author of *Find Your Sweet Spot: A Guide to Personal and Professional Excellence*, and she says that it's important to walk into the holiday bonanza with a certain amount of decorum. "It's certainly a time to celebrate with your colleagues, but it's definitely not a time for payback," she advises. "I tend to think of these parties as a work event, so I go prepared."

Preparedness doesn't mean arriving with a Santa beer helmet or a naughty little elf outfit. A holiday party is an internal networking event, Elizaga says, so she recommends you walk in with a few topics of conversation prepared — and never on an empty stomach. "If you show up well-fed, the chances of you doing something crazy is much less. Watch your alcohol intake."

Be safe, eat beforehand

"If you show up well-fed, the chances of you doing something crazy is much less. Watch your alcohol intake."

Karen Elizaga is an executive coach and author

Be yourself

"You want people to see your personality. It might not shine through (at work) when you're so focused and serious."

Karen Elizaga is an executive coach and author

hol intake."

As the founder of the catering and event planning company Between the Bread, Ricky Eisen may have a different perspective from Elizaga, but her first piece of advice is the same: "Don't drink too much."

She also says there's no classier move than for employees to thank the person who planned the party. And if the tinsel and holly aren't really your style, don't mention it, Eisen says. "Respect the effort of the person who put it together, whether or not it's the kind of party you would throw."

Both experts agree on one thing: It's about the people. "You want people to see your personality. It might not shine through (at work) when you're so focused and serious," Elizaga says. Most importantly, just because you're not shotgunning beers doesn't mean you can't revel in the festive spirit: "Make sure you have fun," she says.

Here's some tips to use by the punch bowl ...

Network

"An office party is such a great time to make those connections," Elizaga advises. "Somebody who works outside of your immediate vicinity or who you want to pay special gratitude to because they helped you get something done — it's a really great time to connect."

Be aware of monopolizing people's time

"There may be somebody you want to talk to because you think they can help you professionally, but understand that they want to talk to other people, too. Be cognizant of the time that you're taking," Elizaga suggests.

reminds revelers.

Say thanks

"If you're attending, make sure you go over to the person who planned it and thank them. I think that goes a huge long way to showing that you have manners and proper etiquette," Eisen suggests.

You can flirt, cautiously

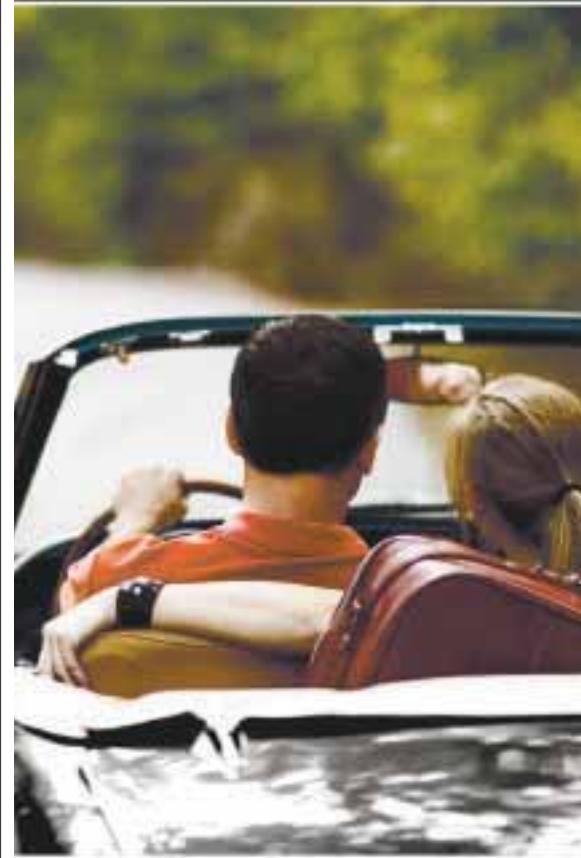
"I think it's perfectly acceptable to make a connection with somebody you've had your eye on at work. But be guided by what's appropriate. This is not some random bar or party you're at. This is your office," Elizaga says.



Enjoy! But avoid getting too drunk and making a scene. iSTOCK

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Dreading those long hours at the mall? It's time to make shopping a teachable moment

Planning. If you let kids help with making lists and doing online research, they can learn lots about budgeting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Talk about humbug! I've never heard so many parents grouching about the holiday season and especially about shopping.

I feel it's my duty to put the sparkle back in the spirit of the holidays. So, instead of dreading hours at the mall, enlist your little darlings to do as much as possible. Allowing them to take the holiday lead offers the best kind of financial literacy teachable moment.

Here's how to set off on the

right (and least stressful) foot this season.

The list

Whether it is done via an app or on the back of an envelope, the list is the cornerstone of smart shopping. Children easily get distracted once in the stores; lists keep them focused. Younger children can dress up their lists with a photo of the desired gift next to the person's name. Don't hover, Mom and Dad! Help out with names for their list, then allow them to come up with ideas on their own.

Older kids can use one of the many apps available such as Gift List, My Christmas Shop and Christmas List. They are all well rated and suitable for adolescents through teens. Most keep a running spending total, which is a boon.

The budget

Like macaroni needs cheese, a list needs a budget. Just as children learn language through

repetition and context, so they will come to understand they can afford a pair of argyle socks for Grandpa but not an argyle cashmere sweater.

Have older kids do some online price research and surf for coupons and deals. This is the kind of tech challenge most will enjoy.

Encourage homemade gifts for all ages. Again, let them do as much as possible. Kids are natural-born creators.

The shopping

One word — organization. There's still plenty of time. Take two or three shorter shopping trips rather than an all-day marathon. Match the amount spent with what is budgeted. Apps will help with this. Have kids ask for gift receipts, and remember not to micro-manage.

Give children financial responsibility and it won't take long before they help make holiday shopping a more pleasurable experience.



Children are easily distracted in stores, but lists can help keep them focused. iSTOCK

How the young make their millions

From social media to sports to grain trading, here's a look at the ways spring chickens build their fortunes these days.

ELISABETH BRAW/METRO WORLD NEWS

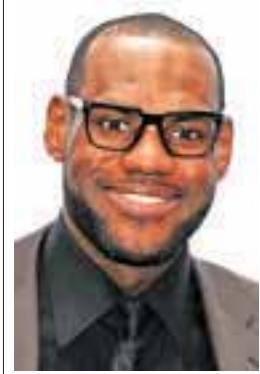


Maxim Nogotkov, 36

Maxim Nogotkov has made a \$1.3-billion US fortune from his Svyaznoy mobile phone retail chain. It has some 2,900 stores across Russia, and he has now launched the Svyaznoy Bank as well. In a recent interview, Nogotkov explained that he's trying to move his employees away from the Gazprom attitude, the idea that working for a big company and putting in a certain number of hours per day is the goal.

LeBron James, 28

The world's best basketballer earns \$16 million US per year playing for the Miami Heat, but bags an extra \$33 million through endorsements. According to research firm SportsOneSource, last year sales of James' Nike shoes rose by 50 per cent to \$300 million in the US.



Eduardo Saverin, 31

All of you who've seen The Social Network know him — he's the Facebook co-founder who was cheated out of the company by Mark Zuckerberg, his former best friend. Saverin later sued Facebook and was given five per cent of the company shares. The Rio de Janeiro native later sold a chunk of his Facebook shares and renounced his U.S. citizenship to avoid paying taxes. Though he now lives in Singapore, he remains an active investor.

Andrey Verevskiy, 38

Verevskiy has made \$1 billion US with his Kernel Holding company since he started trading grain at age 19. Today, Kernel is Ukraine's largest agricultural company, a huge feat given that most of Ukraine's big commodity firms are simply ex-state monopolies.



Sean Parker, 33

OK, you may hate his cockiness, but Sean Parker has made a whole lot of money out of nothing. As a teenager, Parker co-founded Napster, the online music downloading site that (though it was illegal) changed the music industry forever. Parker then founded Plaxo, a business-card social networking site. And, in a remarkable comeback, he spotted a new company called Facebook and convinced Mark Zuckerberg to appoint him its first president.

Li Na, 31

The world's second-best paid female athlete, professional tennis player Li Na, can count the 2011 French Open singles title among her victories. She rejected Chinese state support to ensure most of her prize money ends up in her bank account and not in government coffers.



NHL

Neal gets 5 games

The NHL has suspended Pittsburgh Penguins forward James Neal for five games for kneeing Boston forward Brad Marchand in the head. The incident occurred in Boston's win on Saturday. Marchand was trying to get up after being tripped when Neal hit him.

THE CANADIAN PRESS

NHL

Iginla anticipates return to Calgary in Bruins uniform

He's in his 17th season in the NHL, but this was new territory for Jarome Iginla. The 36-year-old tried to anticipate Tuesday's reception at the Scotiabank Saddledome.

A Flame for the first 16 seasons of his NHL career

and team captain for nine until his trade March 27, Iginla expected to have more trouble than usual getting to sleep on the eve of his first game in Calgary wearing enemy colours.

"I'm trying to prepare myself," Iginla said Monday. "I don't plan on being extremely emotional, but I don't know. I really want to try and take it as it comes.... I guess I don't rule it out."

THE CANADIAN PRESS

MLB

Baseball's best managers headed to Cooperstown

Joe Torre, Tony La Russa and Bobby Cox, baseball's winningest managers over the past four decades, were unanimously elected to the Hall of Fame on Monday by the expansion-era committee.

Each won more than

2,000 games and was selected on all 16 ballots when the committee met Sunday ahead of baseball's winter meetings.

"Managing against them, you certainly learned things," said Torre, now an executive vice-president for Major League Baseball. "I am honoured to go into the Hall with these two guys."

Induction ceremonies will be held July 27 in Cooperstown, N.Y. THE ASSOCIATED PRESS

Jets return home, but still a long way from promised land

NHL. Team still sees plenty of room for improvement after successful road trip

They haven't played a home game since Nov. 23, but life on the road hasn't been all bad for the Winnipeg Jets.

The Jets were 4-2 away from the MTS Centre, but as head coach Claude Noel would say, nobody is dislocating their shoulders patting themselves on the back. And with good reason, as Winnipeg (14-13-4) is sixth in the seven-team Central Division and stands 18th in the NHL's overall standings.

Forward Blake Wheeler, who had two goals and three assists on the six-game road swing, says the Jets have plenty of incentive to improve. "That should be the motivation, we haven't accomplished

anything," he said Monday after practice.

"We're far away from achieving anything and that should be motivation enough. You said it right there."

Winnipeg has reached the NHL playoffs just once in franchise history, dating back to its inception as the Atlanta Thrashers in '99 before relocating to Manitoba in 2011.

And Noel's future in Winnipeg just might depend on how the Jets finish. While Noel doesn't sound all that concerned about sitting 18th overall, he does say the Jets need a new benchmark for success.

"I think .500 has been the grade for us and we have to get a little bit over that," he said. "We know what we have to do.

"I don't think we have to be reminded of that. We could help ourselves a great deal this week because we're dealing with divisional opponents and they're four-point games. If we could grab two clean points per game, that would really help us."

Winnipeg's first home game since a 3-2 shootout loss to Minnesota will come Tuesday against the St. Louis Blues. Then the Jets will face the Colorado Avalanche on Thursday before playing the Dallas Stars on Saturday. THE CANADIAN PRESS

Long road ahead

"We're far away from achieving anything and that should be motivation enough."

Jets forward Blake Wheeler



The Jets' Blake Wheeler looks on in Philadelphia on Nov. 29. The team will return to the MTS Centre Tuesday after being on the road since Nov. 23. CHRIS SZAGOLA/THE CANADIAN PRESS



Calgary running back Jon Cornish was named Canada's best athlete. RYAN REMIORZ/THE CANADIAN PRESS FILE

Cornish named Canada's top athlete

No one was more surprised by Jon Cornish capturing the 2013 Lou Marsh award as Canada's top athlete than the Calgary Stampeders running back himself.

Cornish narrowly defeated Milos Raonic, the first Canadian men's singles tennis player to achieve a top-10 world ranking, and Kaillie Humphries, who dominated the women's

bobsled circuit this season, for the honour.

"I really didn't know anything was going on, I was just getting ready to go for a day of work," said Cornish, employed as a bank rep in Calgary during the off-season.

"But then (Stampeders communications director) Jean LeFebvre called and informed me that I had been selected ... this

was a nice little addition to my day."

And in a truly CFL moment, the 29-year-old Cornish spoke to reporters during a conference call while on a break at the bank Monday.

Cornish became just the third Canadian to win the CFL's outstanding player award after rushing for a league-high 1,813 yards. That broke his own rec-

ord for the most rushing yards in a season by a Canadian.

The native of New Westminster, B.C., also led the league with 2,157 yards from scrimmage and 14 TDs en route to being named the CFL's top Canadian for a second straight season.

He's the first CFL player to claim the Lou Marsh award since 1969. THE CANADIAN PRESS

4 SPORTS



Two-time Cy Young Award-winner Roy Halladay announced his retirement after 16 seasons in the major leagues in Lake Buena Vista, Fla., on Monday. JOHN RAOUX/THE ASSOCIATED PRESS

Doc ends career where it began

Roy Halladay retires.
Pitching great signs
1-day deal with the
Blue Jays, bids farewell
to life as a player

In the end, Roy Halladay went back to his major-league roots.

Halladay signed a one-day contract with the Toronto Blue Jays on Monday that allowed the veteran right-hander to retire as a member of the team with which he broke into the majors and spent the bulk of his distinguished 16-year career. Halladay made the announcement at a news conference in Lake Buena Vista, Fla., site of the baseball meetings.

"As most people know, I was very lucky to have a lot of people in the organization really develop and help me become the player I was able

to become," Halladay said at a press conference. "And (with) the organization and the support of the organization, from the front office to the coaches to the players, it really turned my career around and it made a big difference in my career and that's why I'm very fortunate to retire as a Blue Jay."

Halladay spent his final four major-league seasons with the Philadelphia Phillies and went to great lengths to express his sincere gratitude to that organization and its fans. However, he also said he wouldn't have been able to get a shot with a World Series contender if not for the Blue Jays.

Halladay was drafted 17th overall by Toronto in 1995 and made his major-league debut three years later as a September call-up.

Halladay amassed a career record of 203-105 in 416 games, 390 being starts, and an ERA of 3.38. THE CANADIAN PRESS

Path to greatness

- **1998.** Halladay debuts in the big leagues, winning both of his starts, including a no-hitter.
- **2000.** He had 10.64 ERA in just 67 innings pitched.
- **2001.** Instead of giving up on him, Toronto sent Halladay to single-A Dunedin to rebuild his pitching mechanics. That was considered the turning point in his career, and he returned to the Jays in July.
- **2002.** Doc went 19-7 with a 2.93 ERA while earning the first of eight all-star selections.
- **2003.** He won his first Cy Young with a spectacular 22-7 record and a 3.25 ERA.

NHL

Sens earn shootout win over Flyers

Jason Spezza scored the winner in the shootout as the Ottawa Senators defeated the Philadelphia Flyers 5-4 on Monday night.

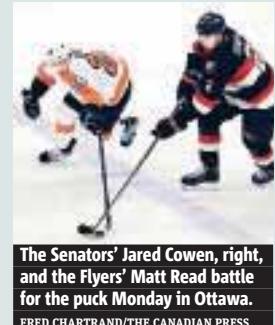
This was Ottawa's first shootout win of the season after losing their four previous attempts.

Clarke MacArthur struck

twice for the Senators (12-14-5) in regulation time. Patrick Wiercioch and Kyle Turris also scored for Ottawa as Craig Anderson made 25 saves.

Michael Raffl, Jakub Voracek, Luke Schenn and Kimmo Timonen scored for the Flyers (13-14-3). Steve Mason stopped 30 shots.

With the win the Senators put an end to a five-game losing streak on home ice. THE CANADIAN PRESS



The Senators' Jared Cowen, right, and the Flyers' Matt Read battle for the puck Monday in Ottawa.

FRED CHARTRAND/THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	30	20	8	2	84	61	42
Montreal	31	19	9	3	85	65	41
Detroit	31	15	9	7	85	82	37
Tampa Bay	29	17	10	2	80	70	36
Toronto	31	16	12	3	86	87	35
Ottawa	30	11	14	5	86	99	27
Florida	31	9	17	5	70	104	23
Buffalo	30	6	22	2	51	91	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	32	21	10	1	98	71	43
Washington	30	16	12	2	92	85	34
Carolina	30	13	12	5	71	84	31
NY Rangers	31	15	15	1	69	80	31
New Jersey	31	12	13	6	69	77	30
Philadelphia	29	13	14	2	64	73	28
Columbus	30	12	15	3	73	82	27
NY Islanders	30	8	17	5	75	104	21

Mondays results

Pittsburgh 2 Columbus 1
Philadelphia at Ottawa

NY Islanders at Anaheim

Carolina at Vancouver

Sunday's results

Minnesota 3 San Jose 1

Chicago 6 Florida 2

Boston 5 Toronto 2

Washington 4 NY Rangers 1

Vancouver 3 Colorado 1

Tuesday's games

All Times Eastern

Los Angeles at Montreal, 7 p.m.

Tampa Bay at Washington, 7 p.m.

Ottawa at Buffalo, 7 p.m.

New Jersey at Columbus, 7 p.m.

Nashville at NY Rangers, 7:30 p.m.

Detroit at Florida, 7:30 p.m.

St. Louis at Winnipeg, 8 p.m.

Phoenix at Colorado, 9 p.m.

Boston at Calgary, 9:30 p.m.

Carolina at Edmonton, 9:30 p.m.

NY Islanders at San Jose, 10:30 p.m.

Wednesday's games

Los Angeles at Toronto, 7:30 p.m.

Philadelphia at Chicago, 8 p.m.

Minnesota at Anaheim, 10 p.m.

NHL

Sens earn shootout win over Flyers

Michael Raffl, Jakub Voracek, Luke Schenn and Kimmo Timonen scored for the Flyers (13-14-3). Steve Mason stopped 30 shots.

With the win the Senators put an end to a five-game losing streak on home ice. THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	18	3	.857	—
d-Miami	16	5	.762	2
Atlanta	11	10	.524	7
d-Boston	10	12	.455	8½
Detroit	10	11	.476	8
Charlotte	10	11	.476	8
Washington	9	11	.450	8½
Chicago	8	10	.444	8½
Toronto	7	12	.368	10
Cleveland	7	13	.350	10½
Philadelphia	7	15	.318	11½
Orlando	6	14	.300	11½
Brooklyn	6	14	.300	11½
New York	5	14	.263	12
Milwaukee	4	16	.200	13½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	17	4	.810	—
Oklahoma City	15	4	.789	1
d-San Antonio	15	4	.789	1
d-L.A. Clippers	14	8	.636	3½
Houston	15	7	.682	2½
Denver	13	8	.619	4
Dallas	13	8	.619	4
Phoenix	11	9	.550	5½
Golden State	12	10	.545	5½
L.A. Lakers	10	10	.500	6½
New Orleans	9	10	.474	7
Memphis	9	10	.474	7
Minnesota	9	11	.450	7½
Sacramento	5	13	.278	10½
Utah	4	18	.182	13½

x - clinched playoff berth; y - division; z - conference.

Monday's results

L.A. Clippers 94 Philadelphia 83

Charlotte 115 Golden State 111

Denver 75 Washington 74

Orlando at Memphis

Portland at Utah

Dallas at Sacramento

Sunday's results

Boston 114 New York 73

Miami 110 Detroit 95

Houston 98 Orlando 88

Oklahoma City 118 Indiana 94

Toronto 106 L.A. Lakers 94

Tuesday, December 10

San Antonio at Toronto, 7 p.m.

New York at Cleveland, 7 p.m.

Miami at Indiana, 7 p.m.

Minnesota at Detroit, 7:30 p.m.

Oklahoma City at Atlanta, 7:30 p.m.

Boston at Brooklyn, 7:30 p.m.

Milwaukee at Chicago, 8 p.m.

Phoenix at L.A. Lakers, 10:30 p.m.

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